

Regional Hypertension and Diabetes Coalition

January 10, 2018

12:00 pm – 1:00 pm

EIPH
1250 Hollipark Drive, Idaho Falls

Attendees: Jenna Orchard (EIPH), James Corbett (EIPH), Nicole Foster (EIPH), Morgan Nield (EICAP), Pam Wake (Quails), Trudi Poole (EIRMC), Jeff Crowther (City of Rexburg), Rubi Valdez (Teton Valley Healthcare)

Minutes

Agenda item: **Recap December Meeting** **Presenter:** Jenna

Discussion: Jenna reviewed the grant, local numbers of more than 13,000 individuals have been diagnosed with Type 2 diabetes and more than 42,000 individuals with a hypertension diagnosis. Last meeting fundraiser ideas were discussed about doing a cycling event, team penning event, or something in connection with the City of Rexburg's event. The hope is to raise around \$10,000 and use those funds to help reduce medication costs for patients with chronic diseases in our area.

Agenda item: **Reports from Members/Discussion** **Presenter:** Group

Discussion: Trudi talked to Doug at Bill's Bike and Run. He said choosing the right date is very important because there are many conflicting fundraisers that go throughout the year. He suggested that T-shirts aren't a necessity. A lot of time fundraisers spend a lot of money towards T-shirts and they don't make much of a profit. Doug also thought some good sponsors might be Apple Athletic Club or Planet Fitness. Jeff mentioned using a one size fits all prize because it gets hard guessing what sizes participants are going to order: water bottles, lanyards, swag bags. Jeff also volunteered using their carousel kick-off event in May as advertisement for the cycling event. It was discussed and decided that it was better to do the event when school is in session because there are so many things going on in the summer.

Additional ideas for the event were to have different sponsors do check points/obstacles along the way to break-up the route as well as give them an opportunity to talk to the participants. It's important that we make the event family friendly so all individuals from all walks of life have an opportunity to participate. There could be some health screening taking place, before and after the event, i.e. blood pressure, pre-diabetes quizzes, glucose test etc. The location was suggested at Snake River Landing. There could be a couple different lengths to accommodate many different people (5, 10, 20 mile).

Agenda item: **Coalition Action Plan** **Presenter:** Jenna

Discussion:

Goal: Organize and hold a cycling event in Idaho Falls in 2018 to raise money to help pay for and/or lower medication costs for those suffering from chronic diseases.

Objectives:

- **Choose a Date/Location:** Most likely in September; looking at the 2nd or 3rd Saturday (Trudi)
- **Sponsors/Advertisement:** Bike shops/stores, elementary schools for getting the word out, police and fire departments, Parks & Rec, local gyms, medical offices, Bingham Memorial, ISU, CEI, BYU-Idaho (Morgan)
- **Swag/ T-shirts/ Prizes** (Jenna)
- **Vendors** (Rubi)
- **Theme/Color** (Nicole)
- **Price** → Will it be free or cost? How will we collect the money? 501C3 (James)
- **Logistics of everything**

Conclusions:

Everyone will research their individual tasks and bring back information for the next meeting. Members will also reach out to other prospective members to increase the size and awareness of this coalition.

Other Information

Next Meeting: To be determined, Jenna will be sending out a survey, it was decided that Wednesday works well for everyone.